

### Abstract of the Disclosure

A balancing disc or appliance for use in with a shoe insole, or biomechanical device, such as an ankle or foot brace, for balancing the gait of a user is defined by a substantially circular disc or body element having a top surface and a bottom surface. The top surface and the bottom surface are angularly inclined with respect to each other in an angle ranging from about  $2^{\circ}$  to about  $6^{\circ}$ . Optimally, an adhesive is deposited onto one of the surfaces for facilitating affixation of the disc to an insole or similar orthotic device. The disc is, preferably, formed from a flexible material. Since the device is substantially circular in nature, it may be rotated about a vertical axis through a  $360^{\circ}$  arc to facilitate minute adjustments in the balance of the user.

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